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# Eagles Put On Full Pads For Third Practice

*Summers puts team through high-intensity workout*



Football | 3/29/2016 7:01:00 PM

## Story Links

**STATESBORO** - Georgia Southern head football coach [Tyson Summers](#) put his team through a high-intensity workout in full pads on a sun-splashed Tuesday afternoon at Beautiful Eagle Creek, the third spring practice for the Eagles. The team gathered at the bridge at 2:54 p.m. and crossed over as a group to the encouragement of Summers, who tried to stress the importance of the day. By the time they broke the huddle at 5:36 p.m., everyone had put in a full day of hard work on the field.

After stretching, Summers summoned several players to the middle for a one-on-one drill in front of the whole team, with the offense cheering when they won the battle and the defense equally excited when their man won. The teams then went about individual drills before re-assembling for another session of one-on-one drills. The running backs

went against the linebackers while the receivers went up against the defensive backs in a session that was full-speed and to the ground, something that's new this season as the previous two years saw a downtick in tackling to the ground. It was highlighted by several big collisions that excited the staff and attending fans.

"We've made a decision that we want to make sure we have physical, tough practices and we want to push them to be as mentally tough as we can," Summers said. "To do that, we have to make a lot of physical demands. We want them to think when they're tired, we want to push them when they're tired and we want to see who leads when they're tired. There's only one way to do that and that's by having physical, tough practices. We're trying to keep a good pace in what we're doing and create a little chaos at the same time."

The Eagles spent several periods continuing to install the offense, including the quarterbacks and running backs getting the option attack down pat. All the while, the defense continues to work on angles, flying to the ball and learning the scheme of new coordinator [Lorenzo Costantini](#).

As with any practice in full pads, there were typical nicks and bruises, but Summers was pleased with how many of the players pushed through the pain to either stay in practice or return shortly thereafter.

"There were certainly some guys I thought today who had moments through the practice where they wanted to find a way out of the drill for whatever reason, but we tried everything we could to encourage them to get back in and do it right and be tough. I'm really proud of the guys who did that."

GS will return to the practice field on Thursday for the fourth of 15 spring practices.

After practice, GSEagles.com got a chance to catch up with senior defensive end [Nardo Govan](#) to ask him about how things are going under the new regime.

Q: How was the first day in full pads today?

NG: It was new and a little different. The last time we put on full pads was against Bowling Green so to come back here with new coaches is all new to us. It's a new kind of practice for us, but something we're going to get used to. I think we're transitioning well and we'll build off today.

Q: What have been the biggest differences thus far in terms of practice for someone who hasn't been out there to see it?

NG: These practices will get you in shape! You pretty much don't have to do anything else afterwards if you practice like you should. If you do what the coaches say and do it how they say to do it, you'll be tired. The first few reps will really get you because it's go, go, go. It's great because it gets you a lot of reps to put on film and it helps you get better. It helps you get better with your conditioning and it helps you get better as a player. It helps the coaches, too, because now they have more film to watch and help

correct you to make you a better player.

Q: What's the biggest building block for the defense so far that you've seen?

NG: They're bringing in something new with little change-ups. It's going to be good for us. We pretty much want to build off of the defense that we've always had here at Georgia Southern. We stop people and we've had a great defense since Day One dating back to The Erk Era. We want to keep that tradition going.

Q: With the younger guys looking up to you in practice, what do you have to say to them?

NG: Stay humble and don't come in with a big head. Don't try to do anything extra and just do your job. Listen to your coaching keys and be coachable. As long as you're coachable, as long as you're giving it effort, as long as you're going a million miles per hour, they're going to work with you and they're going to get you better. When you don't want to listen and stay in your ways thinking you're a hot shot, you're not going to get anywhere.

Thurs., March 31; 3-5:30 PM

Sat., April 2; 10 AM-12:15 PM

Tues., April 5; 3-5:30 PM

Thurs., April 7; 3-5:30 PM

Sat., April 9; 9:15-11:30 AM

Tues., April 12; 3-5:30 PM

Thurs., April 14; 3-5:30 PM

Sat., April 16; Noon ... SPRING GAME ... Statesboro High (location subject to change to Paulson Stadium pending turf completion)

Tues., April 19; 9:15-11:30 AM

Thurs., April 21; 3-5:30 PM

Sat., April 23; 9:15-11:30 AM

Mon., April 25; 3-5:30 PM

#### **Spring Football Practice Policies and Procedures**

1) Fans must enter the Beautiful Eagle Creek Practice Fields through the gate off Tillman Road. Upon entry, fans will check in and receive a pass. All those entering must have a state- or government-issued ID and will sign in.

2) For safety reasons, fans will be allowed only in the marked areas. These areas will be painted and easily visible.

3) There will be no photos allowed at any time once practice begins. Fans are requested to leave their cell phones and cameras in their cars, but if they must bring them in, they have to remain in their pockets. Violation of this rule may result in being asked to leave the premises.

4) Fans are asked to not report on any facets of practice via social media during or after practice. This includes specifics that occur during any periods. Specifics include, but are not limited to, coach-to-player comments, player-to-player comments, coach-to-coach comments, description of formations, drills or plays, or any "live" updates on injuries

5) Practice dates/times/locations are subject to change based on weather or other factors.

6) The GS Football Program or Athletics Department reserve the right to change these policies and

procedures at any time.

### **Tailgate Cook-Off Set for Spring Game April 16**

It's time once again to showcase your skills at the [Third Annual Spring Football Tailgate Cook-Off](#) on Saturday, April 16 right before the annual Blue-White Spring Game, which starts at noon.

The top-place tailgate and grill masters will claim the title of 2016 Spring Football Tailgate Cookoff Champion, a one-of-a-kind trophy, a one-night stay at a hotel, plus two tickets to the Georgia Southern vs. Georgia Tech game in Atlanta on Oct. 15, 2016, and of course, bragging rights.

To enter the contest, a team or individual must register online by Wednesday, April 13, 2016 and pay a \$20 cash fee per entry on site on April 16. All teams or individuals are responsible for providing their own food and equipment for grilling/cooking and will be allowed only one vehicle inside the cook-off zone. Participants are encouraged to grill, cook, steam, etc. their best food for fans to enjoy. Participants need only provide a sampling of food (not a full meal).

### **Punt, Pass and Kick Contest Added to Spring Game Activities**

Newly added to the activities of the Spring Football Game this year is the [Punt, Pass, and Kick Contest](#) for kids ages 5-12. Little Eagles (boys and girls) will have an opportunity to showcase their football skills on the field before the game. The event is FREE, every child will receive a T-shirt and the winners receive their very own trophy. Participation is limited though so parents must register their child online by Thursday, April 14.

### **2016 Season Tickets are on Sale**

Football season tickets are on sale and can be purchased by visiting [GSEagles.com/tickets](http://GSEagles.com/tickets) or calling 1-800-GSU-WINS. Save 140 percent by buying season tickets. Tickets start as low as \$75 per person for the season.

Georgia Southern Athletics provides up-to-date information on all its sports through its official website, [GSEagles.com](http://GSEagles.com), through social media channels [facebook.com/GSAthletics](https://facebook.com/GSAthletics), [twitter.com/GSAthletics](https://twitter.com/GSAthletics), iOS app Georgia Southern Eagles and Android app Eagles GATA. Tickets to Georgia Southern athletics events can be purchased by visiting [GSEagles.com/tickets](http://GSEagles.com/tickets).

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